# **Icebreakers Options for**

# **Camaraderie & Teamwork**

What’s is one thing we don’t know about you?

What’s the best piece of advice you’ve ever been given?

What fictional family would you be a member of?

If you could add or eliminate one thing from your daily routine, what would it be and why?

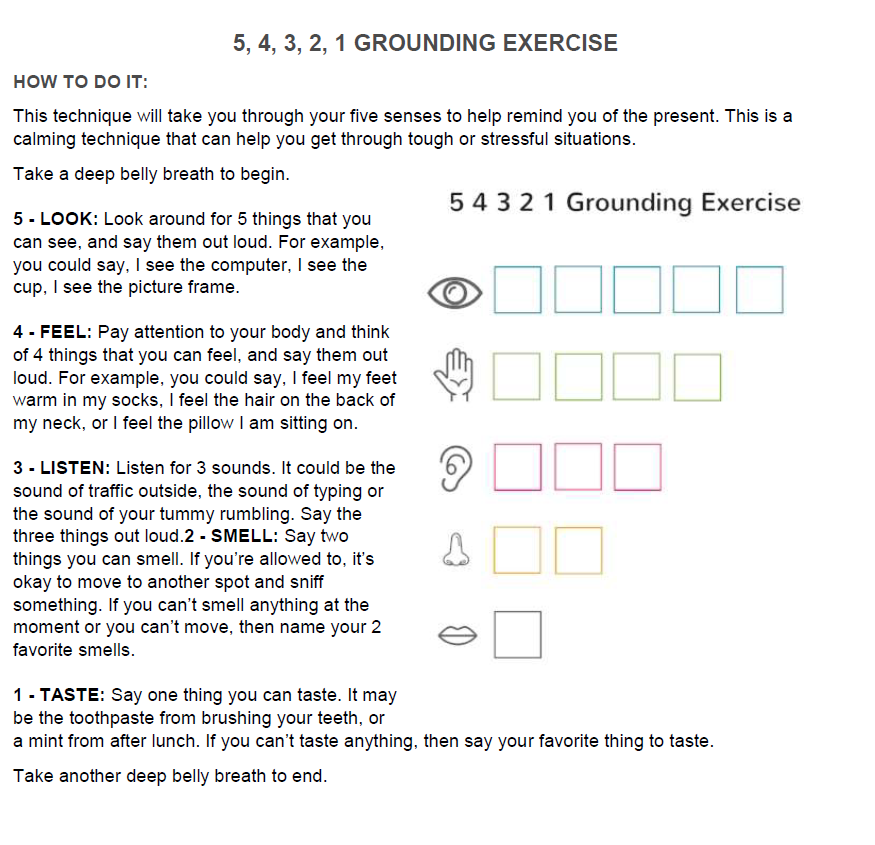
What does your favorite shirt look like?

If you were famous, what would you be famous for?

Icebreakers copied from <https://museumhack.com/list-icebreakers-questions/>

# **5, 4, 3, 2, 1 Grounding Exercise**

HOW TO DO IT:  
This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

5 - LOOK:

Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL:

Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN:

Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL:

Say two things you can smell. If you’re allowed to, it’s okay to move to another spot and sniff something. If you can’t smell anything at the moment or you can’t move, then name your 2 favorite smells.

1 - TASTE:

Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can’t taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.

Script & Image from 5, 4, 3, 2, 1 Grounding Exercise, PDF, Boy & Girls Club of Metro Denver. <https://www.bgcmd.org/wp-content/uploads/2020/03/Grounding-Exercise.pdf>